

## Concerns of milk in current use and improvements of the nutritional quality of bovine milk.

Carlo Mischiati\*

Department of Food Science and Nutrition, University of Tohoku, Japan

### Introduction

Milk has been a staple food in many cultures around the world for centuries. It is considered an essential source of nutrients, particularly calcium and protein. However, in recent years, there have been concerns about the quality of milk and the potential health risks associated with its consumption.

One of the main concerns with milk is its potential to contain antibiotics and hormones. Many farmers use antibiotics to treat sick cows, and some also use hormones to increase milk production. While the use of antibiotics and hormones is strictly regulated, there is still a risk that some residues may remain in the milk, which could be harmful to human health [1].

Another concern with milk is the presence of pesticides and other chemicals. These chemicals can contaminate the milk when cows eat contaminated feed or are exposed to contaminated environments. Studies have shown that some of these chemicals can accumulate in human tissue and may increase the risk of cancer, reproductive problems, and other health issues.

In addition to these concerns, there is also a growing demand for milk alternatives due to ethical and environmental concerns. Many consumers are concerned about the welfare of cows in industrial farming operations and the environmental impact of large-scale dairy production [2].

To address these concerns, there have been efforts to improve the nutritional quality of bovine milk. One approach is to feed cows a diet that is higher in nutrients, such as grass and hay, rather than processed feed. This can result in milk that is higher in healthy fats, vitamins, and minerals.

Another approach is to breed cows that produce milk with higher nutritional content. This can be done through selective breeding or genetic engineering. For example, scientists have developed cows that produce milk with higher levels of omega-3 fatty acids, which are important for heart health [3].

Finally, there are efforts to reduce the use of antibiotics and hormones in dairy farming. This can be done through better farming practices and improved monitoring and regulation. Some dairy farmers have also turned to organic farming, which prohibits the use of antibiotics and hormones and emphasizes the use of natural methods to promote cow health.

while there are concerns about the quality of milk and the potential health risks associated with its consumption, there are also efforts underway to improve the nutritional quality of bovine milk and reduce the use of antibiotics and hormones in dairy farming. By promoting sustainable and ethical farming practices and investing in research and development, we can ensure that milk remains a safe and healthy source of nutrients for generations to come.

Moreover, research has shown that milk is not the only source of calcium and protein, and that a well-balanced diet can provide all the necessary nutrients without relying on dairy products. Therefore, the rise of plant-based milk alternatives has become increasingly popular among consumers who choose to avoid dairy products altogether [4].

Plant-based milk alternatives, such as almond milk, soy milk, and oat milk, are becoming more widely available and are often fortified with calcium and other nutrients that are typically found in dairy milk. These milk alternatives are also often considered more environmentally friendly than dairy milk, as they require less water and resources to produce.

While plant-based milk alternatives can provide a suitable replacement for dairy milk for those who choose to avoid it, it is important to note that not all milk alternatives are created equal in terms of nutritional content. Consumers should check the label to ensure that the milk alternative is fortified with the necessary nutrients, as some may contain added sugars or other additives.

In addition to milk alternatives, there are also other sources of calcium and protein that can be incorporated into a well-balanced diet, such as leafy greens, tofu, nuts, and legumes. A diet rich in a variety of whole foods can provide all the necessary nutrients without relying on dairy products.

while there are concerns about the quality of milk and the potential health risks associated with its consumption, there are also efforts underway to improve the nutritional quality of bovine milk and reduce the use of antibiotics and hormones in dairy farming. Additionally, the rise of plant-based milk alternatives provides a suitable replacement for those who choose to avoid dairy products altogether. A well-balanced diet that incorporates a variety of whole foods can provide all the necessary nutrients, and consumers should make informed decisions when choosing milk and milk alternatives [5].

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\*Correspondence to: Carlo Mischiati, Department of Food Science and Nutrition, University of Tohoku, Japan, E-mail: [carlo@uni-heidelberg.de](mailto:carlo@uni-heidelberg.de)

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## Conclusion

While milk remains an important source of nutrients, there are valid concerns about the quality of milk and the potential health risks associated with its consumption. However, there are ongoing efforts to improve the nutritional quality of bovine milk and reduce the use of antibiotics and hormones in dairy farming. Furthermore, the rise of plant-based milk alternatives provides consumers with options to avoid dairy products altogether. A well-balanced diet that incorporates a variety of whole foods can provide all the necessary nutrients, and consumers should make informed decisions when choosing milk and milk alternatives. By promoting sustainable and ethical farming practices and investing in research and development, we can ensure that milk remains a safe and healthy source of nutrients for generations to come.

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